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Developing a Unique Conceptual Model to Inform the Clinical Management of Type 2 Diabetes mellitus in Health Settings in Nigeria.

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Background

Globally, the burdens of Type 2 diabetes mellitus (T2DM) have led to various health behaviours from both patients and healthcare professionals. In Nigeria, the burdens of managing T2DM in the clinical settings are huge; affecting patients' adherence to treatment, glucose monitoring, service use, adherence to follow-up care (screenings) as well as increase the length of hospital stay, money spent on T2DM management with consequent effect on patients' glycaemic and lipid profiles.

In the context of organisational structure and culture within the health care setting, nurses are an integral part of health professionals whose experiences could potentially contribute grassroots information to inform management of T2DM. This study was in the tenet of translational research.

Aim

To develop a conceptual model to inform the management of T2DM in public health sectors.

Methods

Using a Constant Comparison method, semi-structured interviews were conducted with 17 nurses in Nigeria. Data were analysed using the Framework Analysis. The conceptual model was developed after comparing the emerging position of nurses, about organisational factors against existing models of chronic condition management.

Results

Nurses' perceptions illuminated some positive and negative organisational factors that exist within clinical settings. Their perceptions constituted a conceptual model. The model focused on four elements; clinical approach, clinical practice, collaborative practice, and flexible practice.

Discussion

This research outcome adopted a biopsychosocial approach for the development of a conceptual model to inform the management of T2DM in the clinical sector. The conceptual model developed showcased some practices to drive effective T2DM management.

There is a need for a critical and frequent review of organisational structure and culture of hospital settings for effective patient management. This research outcome recommends the need to consider the extraneous macro-level organisational factors in light of clinical approach, clinical practice, collaborative practice and flexible practice and their influences on T2DM management.